



DINNER

MONDAY



PESTO GNOCCHI

Great for Meatless Monday, this is a 15-minute meal using ready-made gnocchi & pesto, plus Greek yogurt and broth to make it creamy.

TIP: Make sure to use freshly grate Parmesan from the block so it blends into the creamy sauce!

TUESDAY



SHRIMP ORZO SALAD

I love light meals using seasonal ingredients, so in the summer, fresh veggies & shrimp are a must. Simple to make & ready in under 30 min!

TIP: You can make it ahead of time and serve it cold or enjoy it warm right away—either way, it's delicious!

WEDNESDAY



PESTO GRILLED CHICKEN

Use up the rest of the pesto and yogurt with this delicious grilled chicken recipe! Perfect on the outdoor grill or on a grill pan.

Side dish ideas: [Grilled Vegetable Medley](#), [Cheesy Lemon Orzo](#)

THURSDAY



CREAMY MUSHROOM PASTA

A quick dish using simple ingredients like pasta, mushrooms, garlic, milk, flour, and oil. It's so good on its own or pair with a protein.

Protein ideas: leftover [Chicken](#), [Salmon](#), [Skillet Steak](#),

FRIDAY



GRILLED LAMB KABOBS

Marinate lamb with lemon, garlic, and Middle Eastern spices like cumin and paprika, then grilled - so good for a summer cookout!

Side dish: [Cucumber Yogurt Sauce](#), [Mediterranean Cauliflower Rice](#)

BREAKFAST

VEGGIE OMELETTE



The best part about a veggie omelette is using up extra veggies or grabbing your fave mix to stuff it with.

SNACK/DESSERT

NO BAKE ENERGY BITES



Chewy, peanut buttery bites full of protein, fiber & good fats. A mid-day snack with a little energy boost!